

Mental Health Service Providers

<i>Issue</i>	<i>Provider</i>	<i>Services Provided</i>	<i>Address</i>	<i>Suburb</i>	<i>P'code</i>	<i>Phone</i>	<i>Fax</i>	<i>Comments</i>
ABORIGINAL LIAISON	Deanna Schreiber, Aboriginal health liaison officer	Hospital and community based service providing advice and support linking aboriginal patients with other services.	15 Jannali Avenue	JANNALI	2226	9528-0287	9528 0828	Kurranulla Aboriginal Corporation located at above address. Deanna also has base at Sutherland Hospital.
ADOLESCENT CRISIS ACCOMMODATION	The Bridge Youth Refuge	Crisis accommodation for 16 and 17 year olds. 24 hr / 7 day service. Living skills, counselling for residents.	PO Box 288	SUTHERLAND	1499	9521 6182	9545 4311	Street address not widely circulated. Board payable, 25% of income.
ADOLESCENTS	Child, Youth and Family Service (Caringbah Community Health)	Individual, family, group counselling . Social skills and self-esteem groups. Parenting adolescents program. Stress management and relaxation groups for senior students.	Caringbah Community Health, Sutherland Hospital	CARINGBAH + ENGADINE, MENAI CHCs		9522 1000, 9520 4644, 9543 1111		Adolescents can ring to make appt. Free service.
ADOLESCENTS	RAPS (Resources for Adolescents and Parents)	Adolescent, family therapy and mediation service, part of Relationships Australia.	Suite 102, Level 1, 18-20 Ross St	PARRAMATTA	2151	9890 1500 or 1800 654 648	9890 1170	Based in Parramatta but has other offices.
ANGER MANAGEMENT	Interrelate	Anger management therapy	160 Bath Road	KIRRAWEE	2232	9545-3566	9521-2184	Fees applicable. Concession rates. Website: www.interrelate.org.au

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ANXIETY DISORDERS	Anxiety Disorders Clinic, St Vincents Hospital	Assessment and treatment of anxiety disorders. Individual or group programs. Cognitive behavioural therapy based. Psychiatrists and psychologists provide treatment. Adults only, with competence in English.	299 Forbes Street	DARLINGHURST	2010	8382 1730		No fees. Written GP referral. Recorded information about service available: 8382 1749
ANXIETY DISORDERS	UNSW Anxiety Clinic	Intern clinical psychologists provide CBT-based treatment for uncomplicated anxiety / depression. Also cognitive assessments of children and neuropsychiatric assessments of adults.	The Psychology Clinic, School of Psychology UNSW	RANDWICK	2031	9385-3042	9385 3288	GP or self-referral. CBT \$50 per session (\$15 conc) Neuropsych assessment \$250 (\$100 conc)
AOD	Bayside Clinic	Methadone and Buprenorphine programs	2 South Street	KOGARAH	2217	9553-8230		GP/specialist/self-referral. Fee charged per dose of medication.
AOD	Caringbah Community Health (formerly Sylvania CHC)	Assessment and counselling for adults and adolescents	Sutherland Hospital	CARINGBAH	2224	9522-1000	9544-7662	No fees.
AOD	Controlled Drinking by Correspondence (NSW Health)	Correspondence program for people who want to cut down drinking but do not want to attend face-to-face program. Patients receive 4 fortnightly mail-outs.				1800 006 577		Free service. Self-referral.

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AOD	Jarraah House	Residential detox for women only (and their dependent children)	Jarraah House	LITTLE BAY	2036	9661-6555		Not suicidal. Fees charged.
AOD	Meridian Clinic	Counselling and out-pt detox services for alcohol and other drug disorders.	Level 1, 2 South Street	KOGARAH	2217	9350-2944	9350-3977	Part of St George Public Hospital. No fees. Linked to Bayside Clinic (Methadone Program). GP- or self-referral.
AOD	NA Hotline 24 hours	Narcotics telephone support				9212-3444		
AOD	NSW Drug and Alcohol Specialist Advisory Service (DASAS)	Free 24 hour state-wide telephone advisory service for health professionals only. Advice on assessment, management and referral options.				9361 8006		
AOD	Sutherland Cannabis Clinic	Information, support and counselling for cannabis users and/or their families. Trained counsellors and medical support. Group program for clients with comorbid cannabis plus mental health problems.	Suite 1, Level 3, 668-670 Princes Hwy	SUTHERLAND	2232	8536-0300	9521 8966	Free service. GP-/family-/self-referral.
ASSESSMENT	ACCESS Team, Sutherland Mental Health Service, Sutherland Hospital	Assessment of mental illness and advice on management.	Community Mental Health Service, Sutherland Hospital	CARINGBAH		9540 7474		GP referral using proforma

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BEREAVEMENT	Bereavement Care Centre	Bereavement counselling and support	14 Hollis Avenue	EASTWOOD	2122	9869-3330 or 1300 654 556	1300 654 556	\$110 (\$60 conc) Website: www.bereavementcare.com.au
BEREAVEMENT	Calvary Bereavement Counselling Service	Bereavement counselling for individuals, couples and families. Adults only (18 years and over or have left school).	52 Ercildoune Ave	KOGARAH	2217	9553-3025	9553 3026	Contact Simone Connell (Team Leader). Free service. Self-referral. The bereaved should live in, or the deceased died in, the St George or Sutherland area.
BEREAVEMENT	Grief Support	24 Hour telephone counselling				9489-6644		May have to leave message on answering machine and they will ring back.
BORDERLINE PERSONALITY DISORDER	Dr Pat Copping		104 Napoleon Street	SANS SOUCI	2219	9529-6791		
BORDERLINE PERSONALITY DISORDER	Wandene Private Hospital	Dialectical behaviour therapy (for BPD) plus a range of other groups and services for other conditions	7 Blake Street	KOGARAH	2217	9587-5077	9587-2250	GP- or self-referral. Private health care cover or fee.
CARER COUNSELLING	Commonwealth Carer Resource Centre	National Carer Counselling Program providing counselling and support for carers eg managing stress, coping skills, grief and loss issues, problem solving techniques etc.				1800 242 636		"Fees are based on need, not the ability to pay."

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CARER SUPPORT	Carers NSW, Inc	Information, advocacy and support to carers, including carers of the mentally ill. Free information packages available for carers.	Level 17, 323 Castlereagh St	SYDNEY	2000	9280 4744 or 1800 242 636	9280 4755	Website: www.carersnsw.asn.au
CARER SUPPORT	Sutherland Shire Carer Support Service	Information, advocacy and support for carers of people with a variety of conditions	3A Stapleton Ave	SUTHERLAND	2232	9542-6292	9542 6291	No fee. Contact Mary Bills.
CENTRELINK SOCIAL WORKER	Centrelink	Social work services.	President Ave	CARINGBAH	2229	9545-8043		
CHILD ABUSE / NEGLECT	Dept of Community Services			SUTHERLAND	2232	9542-1111	9545-1104	GPs are mandatory reporters where abuse or neglect is suspected.
CHILDHOOD ANXIETY / SELF ESTEEM	Sutherland Child, Youth, Family Team (AHS)	Groups for primary school children with anxiety problems (years 3-6) or self esteem issues (years 5&6)	Community Health Centres	ENGADINE / SYLVANIA		Engadine 9520 4644 Sylvania 9522 1000		Small fee for courses.
CHILDREN OF PARENTS WITH MENTAL ILLNESS	Sutherland sector, Area Health Service	Counselling, social activities and support for children aged 4-18 years who are living in a family affected by mental illness. Individual and group programs.	Sylvania CHC, 29 Sylvania Road	SYLVANIA	2224	9522-1002	9544-7662	Free service. COPMI coordinator, Moira McGuire, can be contacted on McGuirem@sesiahs.health.nsw.gov.au
CONSUMER AND CARER SERVICES	ARAFMI (Association for Relatives and Friends of the Mentally Ill)	Support, information and advocacy. Monthly meeting.	Crossroads Centre, Suite 302, 1st Flr, Westfield Tower	MIRANDA	2228	9525-3790 (Crossroads)		Meets 2nd Monday of month at 1.30pm. Contact Ann Duroos (9525 9961)

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CONSUMER AND CARER SERVICES	ARAFMI Helpline	Information and support phone line				9805-1883		
CONSUMER AND CARER SERVICES	Community Consultative Committee	Support, information and advocacy for consumers and carers.	Crossroads Community Centre, Suite 302, 1st flr, Westfield Tower	MIRANDA	2228	9525-7730		Meets 1st Wednesday of every second month.
CONSUMER AND CARER SERVICES	GROW	12 step mental health program based on personal growth and changes in behaviour and thinking. (Issues such as social problems and social isolation.)		VARIOUS	2228	9569-5566		Meetings for 2 hours per week. Over 18s only. Groups established according to demand. (Currently in Miranda and Bundeena.) No fee. Website: www.grow.net.au
CONSUMER AND CARER SERVICES	Schizophrenia Fellowship	Parents' and consumers' support group	GyMEA People's Church Hall, 166 GyMEA Bay Road,	GYMEA	2227	9525-7730		Meets 1st Tuesday of month at 7.30pm.
COUNSELLING	Adolescent and Family Counselling	Therapy for adol and their families where there is a risk of the young person leaving home / has left home.	PO Box 288	SUTHERLAND	2232	9521-5130	9545 4311	No fees. Contact Yvonne McDonald
COUNSELLING	Anthony Hillin BSocStud M Adol MH.	Counselling for adults and adolescents based on CBT and interpersonal psychotherapy. Individual or family approaches. Issues include stress, depression, grief, loss, separation, transition and same-sex attraction.		South Woollooware	2230	9523 3567		Anthony is currently employed by the NSW Inst of Psychiatry as School-Link Training Coordinator.

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COUNSELLING	Centacare	Relationship and family counselling. Family and children mediation. Specific program for males aged 25 - 44 years with self-harm behaviour.	4/3-5 Stapleton Avenue	SUTHERLAND	2232	9545-1544	9545-1401	Self-referral. Sliding scale of fees. (Males 25-44: first assessment free then sliding scale fee for subsequent attendance.)
COUNSELLING	Dept of Veterans' Affairs	The Vietnam Veterans' Counselling Service is a specialised, free service for veterans and their families. Veterans of all conflicts and peace-keeping operations are eligible. Individual, couple, family, group counselling.		NSW and ACT		1800 043 503 or 9635 9733		Factsheets available from www.dva.gov.au
COUNSELLING	Interrelate	Anger management, relationship counselling, grief counselling, men's support group. Adults or children. Special courses eg Rainbows (for children suffering from loss)	160 Bath Road	KIRRAWEE	2232	9545-3566	9521-2184	Fees: \$65 per hour (9-5). \$75 per hour (after hours). \$30 conc. Website: www.interrelate.org.au

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COUNSELLING	Life Links for Men (Stephen Kilkeary)	Counselling service for suicidal, self-harming and otherwise traumatised men.	Level 4, 3-5 Stapleton Avenue	SUTHERLAND	2232	9545 1544	9545 1401	Run by Centacare, based in central Sydney. Sutherland service operates on Tuesdays. Fees based on income, starting at \$15 per session for health care card holders. Self- or GP-referral. www.familyrelationships.org or Email: stephen.kilkeary@centacare.org
COUNSELLING	Lifeline	24 hour telephone counselling				13 1114		
COUNSELLING	Relationships Australia	Individual or group counselling or mediation. Singles, couples, families. Not just relationship issues - also addictions (gambling, AOD)		ROCKDALE		9387-4211		Self-referral. Sliding scale of fees. Average \$80 per session
COUNSELLING	Shire Counselling and Medical Centre	Individual counselling, addictions, stress, anger management, relationship and parenting education.	1a/2-4 Merton Street	SUTHERLAND	2232	9542-2600		GP- or self-referral. Private practice. Fee for services.

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COUNSELLING	Southern Community Welfare	Counselling for depression, anxiety, childhood abuse, grief, trauma, self esteem, marriage, relationships and family, parenting, self harm, eating disorders, personality disorders. Range of support groups. Adults, children and adolescents.	2-4 Tea Gardens Ave	KIRRAWEE	2232	9545-0299	9521-6252	Christian counsellors available. Sliding scale of fees based on income.
COURT SUPPORT	Prison Fellowship	Support (cuppa and comfort) for people attending court.		SUTHERLAND	2232	9896-1255		
DOMESTIC VIOLENCE	Caringbah Women's Centre	Counselling and support groups.	346a Kingsway	CARINGBAH	2229	9525-2058		Self-referrals. Contact Marie Mooney.
DOMESTIC VIOLENCE	DV Advocacy	Government-funded service providing telephone advice and court representation at AVO mentions and some hearings on appeal matters. Also continuing legal education, training for court assistance scheme, information and resource material on DV				8745-6999 or 1800 810 784		No fee for telephone advice or court representation. Charge for some resource material.
DOMESTIC VIOLENCE	DV Line NSW	24 hour telephone help line providing support, advice, information on refuges and interpreter services. Main refuge-linking service. For males and females.				1800 656 463		Main refuge-linking service. GPs / public / relatives can contact the service. No fees. Confidential.

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DOMESTIC VIOLENCE	Miller Goddard Solicitors	DV legal advice via telephone	Park Street	SYDNEY		9261-5018		Telephone advice is free. May be fees for legal services if solicitors asked to represent client.
DOMESTIC VIOLENCE	Sutherland Shire Family Support	Information, support and advocacy for families affected by DV	Crossroads Community Centre, Suite 302, 1st flr, Westfield Tower	MIRANDA	2228	9528-2933		Contact Joy Goodsell
EATING DISORDERS	Crossroads Centre	Eating disorders, DV and sexual assault counselling and support groups. Residential refuge and 2 year program.	Suite 302, 1st Flr, Westfield Tower	MIRANDA	2228	9525-3790	9525 3423	No fees: nominal donation for services. Contact Christine Bird.
EATING DISORDERS	Eating Disorders Foundation	Information, counselling and support for patients and their families. Telephone and web-based service.				9412-4499		Website: www.edf.org.au
EATING DISORDERS	Sydney Children's Hospital Eating Disorders Unit	Eight week, day program for children 16 years or under.	SCH, High Street	RANDWICK	2031	9382 1111 (Page 42896)		Multifaceted, intensive course of group and individual treatment. Patient attends SCHEDU 3 days per week and continues at home/school the rest of the week. Contact CNC for paediatric mental health

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EMPLOYMENT	CARE Employment	Personal support program providing work experience or training courses to enable people recovering from mental illness to return to workforce. Also support for people with a mental illness who are in work but having difficulties.	429 Princes Highway	ROCKDALE	2216	9599-0222		GP- or self-referral. No fee.
EMPLOYMENT	CARE Employment	Provides individual pre-vocational training, employment placement and support services for people who have a psychiatric disability	429 Princes Highway	ROCKDALE	2216	9599-0222		Contact Romaine Page.
EMPLOYMENT	Commonwealth Rehabilitation Service	Provides vocational rehabilitation to people with a mental illness. Can help in finding a job or liaise with employer if having difficulty in current position.				1800 624 824 or 9545 9200		Usually no cost.
EMPLOYMENT	NOVA Employment	Provides assistance to people aged 15 - 24 years with intellectual disability seeking work.	20-24 Gibbs Street	MIRANDA	2228	9524-4677	9524-4399	Must have disability accepted by Centrelink. No fee.
GAMBLING	Dr Clive Alcock. FRANZCPsychiatry	Problem gambling therapy	3 Grantham Street	BURWOOD	2134	9747-6088	9715-7024	Thurs 12.30 - 4.00pm. \$160 (first appt) then \$80 - \$160 per cons. Some bulk-billing.

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GAMBLING	Gam-Anon	Provides a 12 step program for those affected by another person's gambling problem eg spouse, family.				9564-1595		No fee.
GAMBLING	Gamblers Anonymous	Self-help fellowship for compulsive gamblers.				9564-1574		Ring ph no for information on where the nearest 12 step program is running. Not a telephone counselling service. No fee.
GAMBLING	GAME	GAME is a specialist gambling treatment service funded by St Vincent de Paul Society. Specialist gambling counsellors and financial counsellors provide advice and therapy.				9331-3910		Free services. Offices in city and Bankstown.
GRIEF	PTSD Unit	This is a Research Unit investigating the optimal treatment of prolonged grief reactions. Patients should be aware they will be participating in research.	Department of Medical Psychiatry	WESTMEAD	2145	9845 7979 or 9845 6904	9635 7734	Free of charge. Only for patients with abnormal grief reactions lasting >3 months.
HOMELESSNESS	City of Sydney Homeless Persons' Information Centre	Telephone information				9265-9081		
HOMELESSNESS	Gaitrent G.H.		83 Kingsway	CRONULLA	2230	9527-4642		\$147 per week

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KIDS HELP	Kids Help Line	24 Hour Counselling for 6-18 year olds. Phone, email, web-based. Info / counselling / referral. Male and female counsellors. Can talk to same counsellor as before.				1800 551 800		No charge. Web: www.kidshelp.com.au
LEGAL AID	Sutherland Legal Aid Service	Represents people with a mental health issue who have committed crime or have civil issues.				9521-3733		
LIFE STRATEGIST	Shiraz Patel. M Ed (Counselling Psych), BA, Dip Indiv, couple, family therapy.	Educational / psychological assessments, parenting / behaviour management, individ/couple/family therapy. Children / adolescents / adults. Esp educational assessment, couple and family therapy.	Suite 1A, Level 2, 28 President Ave	CARINGBAH	2229	0404 884 735 or 9522-2351		\$90 - \$110. After hours and Saturday appts avail.
LIFELONG MENTAL ILLNESS	Guardianship Tribunal NSW	Appoints guardian for people who, as a result of illness, are incapable of making decisions for themselves. Usually permanent, but can be reviewed / revoked. Can also provide info about appointing a financial manager with responsibility for financial affairs only.		GLEBE		9552-8555		No fee for guardianship. May be fee for financial management.

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LIFELONG MENTAL ILLNESS	Mental Health Advocacy Service	Provides advocacy for clients in a mental health facility who are going before magistrate or MH review tribunal.		BURWOOD		9745-4277	9878-1270	Only hospital clients. No fee.
LIFELONG MENTAL ILLNESS	Mental Health Information Service	Statewide telephone information and referral service. (Accommodation, leisure, support etc.)				9816-5688 or 1800-674 200		No fee.
PAIN CLINIC	St George Hospital	For patients with chronic pain. Pts see doctor, psychologist and physiotherapist.	Gray Street	KOGARAH	2217	9350-1111 or 9350-2381 (direct)		GP referral only.
PARENT EDUCATION	Sutherland Child, Youth, Family Team (AHS)	Infant and Toddler Talks. (Possum Cottage.) Triple P Positive Parenting. TIPS for Parents of Primary school children. Developing Children's Social Skills. Parenting Adolescents.	Various community health venues	SUTHERLAND SHIRE		P Cottage 9540 7321; Caringbah CHC 9522 1000		Small fee for courses.
PARENTING, POST NATAL DEPRESSION	Possum Cottage	Resource centre for parenting 0-5 year olds. Counselling for mild-mod postnatal depression. Behaviour management for toddlers up to 5 years.	Sutherland Hospital grounds, Cnr Kingsway and Kareena Road	CARINGBAH	2229	9540-7321	9540-7336	No fees. Can self-refer for most conditions, but must have GP referral for children under 1 year.
PARENTING, POST NATAL DEPRESSION	Sutherland Family Support Service	Counselling, advocacy and support for families	90 Soldiers Road	JANNALI	2226	9528-2933	9528-2633	

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PARENTING, POST NATAL DEPRESSION	Tresillian Residential Karitane					9787-0855		
POST TRAUMATIC STRESS DISORDER	PTSD Unit	This is a research unit investigating the best methods of treating PTSD. Patients should be aware they will be participating in a research project.	Dept of Medical Psychiatry	WESTMEAD	2145	9845-7979 or 9845 6904	9635 7734	Free of charge. Self- or GP-referral. No ongoing domestic violence
PSYCHIATRIST - PRIVATE	Dr Alex Pilsky MBBS, FRANZCP, Mpsychiatry	Adult general psychiatry	20 English Street	KOGARAH	2217	9588 3200	9588 4138	
PSYCHIATRIST - PRIVATE	Dr Chanaka Wijeratne MBBS, FRANZCP, MD	Adult general psychiatry, psychiatry for the aged.	20 English Street	KOGARAH	2217	9588 3200	9588 4138	
PSYCHIATRIST - PRIVATE	Dr Chris McDowell. MBBS, FRANZCP	General adult psychiatry. Esp mood disorders, dual diagnosis, schizophrenia.	4/20-24 Gibbs Street	MIRANDA	2228	9526-1344	9526-1145	New pt / long cons: \$200. \$100 - \$140 otherwise.
PSYCHIATRIST - PRIVATE	Dr Dal Retallack	Psychotherapy	St Vincent's Clinic	DARLINGHURST				
PSYCHIATRIST - PRIVATE	Dr David Grace MBBS(Hons), FRANZCP	Adult general psychiatry, Psychiatry for the aged.	20 English Street	KOGARAH	2217	9588 3200	9588 4138	

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PSYCHIATRIST - PRIVATE	Dr David Hughes	CBT. Adolescents and adults, mood and anxiety disorders, psychosis, chronic fatigue / pain, post-partum disorders, medicolegal. No couples.	20 English Street	KOGARAH	2217	9588 3200	9588 4138	Fee for service. Referral from GP
PSYCHIATRIST - PRIVATE	Dr Elizabeth Mackenzie MBBS, FRANZCP	Psychiatric assessment and management plans. Esp adolescent mental health, perinatal disorders.	Clinical Centre at BMRI, 100 Mallett Street	CAMPERDOWN	2050	9351 0672	9351 0653	
PSYCHIATRIST - PRIVATE	Dr George Foster		9/42 Urunga Pde	MIRANDA	2228	9526-2122	9526 2425	
PSYCHIATRIST - PRIVATE	Dr Greg Wilkins. B Med (Hons), FRANZCP	Individual and couples therapy. Assessment and consultation. Esp adult ADD/ADHD, professional burnout, PTSD, depression, mood disorders, relationship management.	29/20-24 Gibbs Street	MIRANDA	2228	9540-3833	9540-3933	Costs vary with patient's ability to pay. Initial assessments \$290. Referral from GPs.
PSYCHIATRIST - PRIVATE	Dr Jenny McGoldrick MBBS(Hons), FRANZCP	General adult psychiatry	20 English Street	KOGARAH	2217	9588 3200	9588 4138	On leave until mid 2007.
PSYCHIATRIST - PRIVATE	Dr Joanne Bakas	Older age psychiatry, cross-cultural experiences of bereavement.	South Street Clinic, Suite13, Level 3, St George Private Hosp, 1 South St	KOGARAH	2217	9553-1160	9553 1162	Fee for service. Referral from GP

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PSYCHIATRIST - PRIVATE	Dr Kalarickal M Thomas MD, DPM, FRANZCP, MACP.	Consultation, assessment and management of psychiatric disorders.	20 English Street	KOGARAH	2217	9588-3200	9588-4138	Fee for service. Referral from GP.
PSYCHIATRIST - PRIVATE	Dr Keith Chee MBBS (Hons), FRANZCP	General adult psychiatry including mood disorders, anxiety/panic disorders, OCD. Adult ADHD.	20 English Street	KOGARAH	2217	9588 3200	9588 4138	Initial consult \$228.75.(M'care rebate \$128.75)
PSYCHIATRIST - PRIVATE	Dr Keith Mayne MRCPsych, FRANZCP	Adult general psychiatry, medico-legal, workers' compensation.	20 English Street	KOGARAH	2217	9588 3200	9588 4138	
PSYCHIATRIST - PRIVATE	Dr Majella Lajoie	Psychodynamic psychotherapy. Child, youth and family. Survivors of childhood abuse. Borderline personality disorder.	20 English Street	KOGARAH	2217	9588 3200	9588 4138	Fee for service. Referral from GP
PSYCHIATRIST - PRIVATE	Dr Peter Whetton FRANZCP	Psychiatry. General adult. Medico-legal.	20 English Street	KOGARAH	2217	9588 3200	9588 4138	Fees on request.
PSYCHIATRIST - PRIVATE	Dr Philip Empson BA, MBBS, MRCPsych, FRANZCP	Adult general psychiatry	20 English Street	KOGARAH	2217	9588 3200	9588 4138	
PSYCHIATRIST - PRIVATE	Dr Sharat Lal MBBS, FRANZCP	General psychiatry, depression and anxiety (pharmacological and psychological mx), schizophrenia, bipolar disorder, personality disorder, relationship counselling.	South Street Clinic, Suite 13, Level 3, St George Private Hosp, 1 South St	KOGARAH	2217	9553 1160	9553 1162	

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PSYCHIATRIST - PRIVATE	Dr Sheriff Rewais FRANZCP, Cert Child Psychiatry	Child, adolescent, adult and family psychiatrist. Esp psychotherapy, postnatal problems, mother-infant therapy.	Suite 4, 20-24 Gibbs Street	MIRANDA	2228	9526 1134	9526 1145	
PSYCHIATRIST - PRIVATE	Dr Wendy Orlay	Adult psychiatry. Postnatal depression.	Suite 29, 20-24 Gibbs St	MIRANDA	2228	9540-3833	9540 3933	
PSYCHIATRIST - PRIVATE	Prof John Saunders	Consultant physician in Internal Medicine, Professor of Alcohol and Drug studies. Patients need to be assessed by a psychiatrist before referral to Prof Saunders can be arranged.	20 English Street	KOGARAH	2217	9588 3200	9588 4138	
PSYCHOGERIATRIC SERVICE	Southcare	Psychogeriatric assessment via ACAT	126 Kareena Road	CARINGBAH	2229	9540-7175 / 7540		GP referral. No direct access to psychogeriatrician
PSYCHOLOGICAL SERVICES	Dr Monica Moore MB BS(Hons), Dip Clin Hyp(ASH), Fellow Aus Coll of Psychol Med, Member Aus Soc Hyp.	Cognitive behaviour therapy, interpersonal therapy, hypnosis in selected cases. Special interest: anxiety disorders (esp somatisation), depression, eating disorders.	Suite 15, 50-52 Urunga Pde	MIRANDA	2228	0400 553 160 (appt) 9530 5744 (messages)	9526 8827	\$140 per 50 mins. Medicare rebate for Level D cons with GP.

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PSYCHOLOGIST	Adam Coates BSc(Psych); Assoc MAPS	Work issues, vocational assessment, career counselling, anxiety, depression, crisis intervention, trauma/PTSD, pain management, substance abuse, motivation, self-esteem, EAP provision, reports.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered. \$100 per hour for GP-referred. \$120 per hour without GP referral or schedule fee for those with financial hardship. Www.wellbeingclinic.com.au
PSYCHOLOGIST	Adriana Zapata-Delgado BPsych(Hons) MAPS	Psychological services: assessments, individual and couple counselling, Workers' Comp, reports. Esp women's issues, relationship counselling, mood and anxiety disorders, phobias, terminal illness, PTSD, suicide, grief and loss, substance abuse, intellectual disability, gambling, autism.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered. Fluent in English and Spanish. Fees \$120 / hour

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PSYCHOLOGIST	Amelia Frid BA(Psych); LLB(Law); Pgrad Dip App Psych; Ass MAPS	Anxiety and panic, mood disorders, OCD, schizophrenia and schizoaffective disorders, stress, self-esteem, resilience, substance abuse, addictive behaviours, women's issues (DV, self-harm, pregnancy support), sexual abuse, PTSD, grief and loss, adolescents (behavioural difficulties, anxiety, depression, bullying, abuse, grief and loss, learning difficulties, confidence and self-esteem), relationship counselling.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered. \$100 per hour if GP-referred. \$120 per hour without GP referral. Schedule fee if financial hardship. Fluent in Russian and English. www.wellbeingclinic.com.au
PSYCHOLOGIST	Amie Hollands BSc(Psych); Dip Psych(Forensic) MAPS	Psychological assessment and counselling.	2 Purley Place	CRONULLA	2230	0405 155 629		Medicare registered. \$150 per hour (standard); \$110 per hour (Health care card-holders.)
PSYCHOLOGIST	Angelica Bilibio BA Psych, MA (Developmental disability), MAPS	Psychological services: assessments, individual and couple counselling, Workers' Comp, reports. Esp relationship counselling, family therapy, grief and loss, intellectual disability, autism, group therapy, anxiety and depression.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered. Fluent in English and Portuguese. Fees \$120 / hour.

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PSYCHOLOGIST	Anthony Pignataro BSc, MSc, Dip Adult Psychotherapy	General clinical psychology services esp trauma, personality disorders, depression, anxiety, OCD and reports.	42 President Avenue	CARINGBAH	2229	9524-4789 or 0404 866 722	9540 4644	Medicare registered. \$120 per hr. \$80 per 30 mins.
PSYCHOLOGIST	Aphrodite Kyriakou. BA, MA(Counselling), Dip Adult Psychotherapy, DipClinHyp, MAPS, ANZAP, AACBT.	Depression/anxiety mx, couples/family, trauma, PTSD, workers comp, work related stress, grief/loss, self-esteem. Esp mind/body connection, meditation, trauma, police.	South Street Clinic, Suite 13, Level 3, 1 South St	KOGARAH	2217	9553 1160	9553 1162	Medicare registered. \$190 initial cons, \$180 follow up, \$200 couples. Bilingual: English and Greek.
PSYCHOLOGIST	Barbara Baylis. M Clin Psychol, Dip Clin Hyp, MAPS, MCCP, MAACBT, MASHypnosis	Adults, couples, adolescents. CBT, hypnosis, longer-term psychotherapy. Esp depression, anxiety, eating disorders, grief, trauma, pain, health issues, rehab, somatisation, marriage / relationship therapy	34 Gynea Bay Road	GYMEA	2227	9751-4452 - paging service	9524-7312	Paging service - will return call within 24 hours. Fee for service. \$145 (indiv), \$150 (couple) Self-referral by patient, or GP referral. Medicare registered.
PSYCHOLOGIST	Carol Janes - Somewhere to Turn. B App Sci; B Soc Sci (Psych)(Hons); BA; MAPS; MDIPP.	Counselling and therapy for individuals, couples and families. Services for depression, anxiety, gambling, eating disturbances, grief, relationships, stress, PTSD. CBT, schema therapy. Short term focussed psychological therapies. Supportive counselling.	Kareela Family Practice, Cnr Freya St and Solveig Cres, Kareela 2232 and Good Samaritan Family Practice, Shop 3, 238 Princes Highway, Sylvania Heights 2226	KAREELA, SYLVANIA HEIGHTS	2232	0414 272 634	9528-0777	Fee for service. \$100 - \$120 per hour, health fund rebates available. Medicare registered. Bulk bills 30 minute Medicare sessions. Email: cyjanes@somewheretotur n.com.au 2 practice locations, see Address.

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PSYCHOLOGIST	Catherine Wilson BBehSc, BPsych(Hons),MClinP sych	Psychological services: grief and bereavement/loss, men's issues, sexual health, ageing/lifestyle, mood disorders, psychosis, suicidality, anxiety, relationships, self- esteem, carer's support, adolescents.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered. \$100 per hour under MBS. Groups available. Limited bulk billing.
PSYCHOLOGIST	Charlotte Ho DPsych(Forensic), BSSci(Family studies)	Psychological services: pregnancy counselling, individual / family, relationships, children and adolescents, self- esteem, bullying, problem solving, challenging behaviours, substance abuse, other abuses, anger management, violence, stress management, crisis intervention, assessment, legal reports.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered. \$100 per hour under MBS. Groups available. Limited bulk billing. Fluent in Cantonese and English.
PSYCHOLOGIST	Chris Lloyd BA, MMgt, BSc (Hons), MPsych (Clinical), MAPS, MColIClinPsychol	Psychological assessment, report writing and treatment, CBT and supportive counselling. Esp depression, anxiety disorders, couples counselling.	Suite 2, 27A Eton Street, Sutherland 2232	SUTHERLAND	2232	9545 0966		Medicare registered. \$150 per hour, reduced by negotiation.

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PSYCHOLOGIST	Complete Psychological Solutions Pty Ltd	Individual and group psychological services. Range of low cost education, treatment and support groups for children, adolescents, adults incl stress/relaxation, self esteem, HSC, dep, anx, time management, relationships etc.	Various	ASHFIELD, PARRAMATTA, NEWTOWN		9707 2794, 0415 636 339	9707 3399	Medicare registered and will provide up to 5 sessions under Medicare Plus initiative at no patient cost for low income earners. Www.completepsych.com
PSYCHOLOGIST	Diane Whiting BA(Psych) M Psych (Clin) MAPS	Psychology services esp trauma, anx, dep, pain, traumatic brain injury, psychological factors assoc with chronic illness. Adults and children.	Suite 7, 852 Old Princes Highway	SUTHERLAND	2232	9543 5806	9543 5806	Medicare registered. \$150 initial assessment. \$100 per hour follow up.
PSYCHOLOGIST	Dr Ester German, PhD DipClinHyp MAPS	Medico-legal reports, veterans, child, adolescent and adult clinical psychology. Individual, couple and group therapy. Esp borderline pers disorder, trauma and grief, PND, infertility and reproductive loss.	South Street Clinic, Suite13, Level 3, St George Private Hosp, 1 South St	KOGARAH	2217	9553-1160	9553 1162	Fee for service. Referral from GP
PSYCHOLOGIST	Dr Gus Norris. Senior clin psychologist. MAPS	Evidence based psychotherapy, CBT, IPT, schema focussed therapy, mindfulness. Esp depression, anxiety, trauma, schizophrenia.	Suite 13, Level 3, 1 South Street	KOGARAH	2217	0414 775 337	9553 1162	Medicare registered. \$120 per hour.

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PSYCHOLOGIST	Dr John Kearney Doctor of Clinical Psychology, MSc, BA Psych(Hons), MAPS	Cognitive behaviour therapy for depression, anxiety disorders, anger problems, PTSD, postnatal depression. Esp trauma-related disorders.	20 English St	KOGARAH	2217	0409 584 881	9588 4138	Medicare registered. Registered to provide clinical psychology services. Fees \$150 per 1 hour session. Email: jtpk@bigpond.net.au
PSYCHOLOGIST	Edwina Birch BSc (Hons), MAPS, MA (Hons clin psych).	Clinical psychology. Esp children's behaviour problems, adjustment to disability/pain, PTSD	Shop 1, 61-65 Eton Street	SUTHERLAND	2232	9545-4147	9526-7084	Fee for service. (\$150 initial cons) Referral by letter or fax. Medicare registered.
PSYCHOLOGIST	Fiona Beall, Child and Adolescent specialist, NSW Psych registration. MAPS.	Clinical psychological testing, assessment and psychological interventions esp children and adolescents and family therapy.	Suite 4, 852-854 Old Princes Hwy	SUTHERLAND	2232	0432 483 026	9533 2908	\$129.40 per session. Medicare registered. Email: beallf@sesahs.nsw.gov.a u
PSYCHOLOGIST	Fiona Mather BA, MA (Psych), M Psychol, MAPS, MAACBT - Blayney Kemp Clinical Psychology	Clinical psychology. Esp children and adolescents	Suite 15, 50-52 Urunga Parade	MIRANDA	2228	9524-7709	9526-8827	Fee for service. \$140 per hour. Poss conc. GP- or self-referral. Medicare registered.
PSYCHOLOGIST	Gabriela Bilibio BA(Psych) Intern psychologist	Intellectual disability, family therapy, self- esteem, employment difficulties, depression and mood disorders, anxiety and phobias, bipolar disorder, schizophrenia.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Intern psychologist. Not Medicare registered. Check with Wellbeing Clinic for fees. Www.wellbeingclinic.com. au. Fluent in English and Portuguese.

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PSYCHOLOGIST	Gymea Lily Psychotherapy Centre	Child and adult psychiatry / therapy. Relationship issues. Assesments. Esp infants and children, relationships, depression and anxiety. Range of health professionals.	Suite 1, 17-21 Gray Street	SUTHERLAND	2232	9545-4772	9542-3249	Fee for individual sessions. \$90 - \$135 per session GP- or self-referral. Medicare registered. Website: www.gymealily.org
PSYCHOLOGIST	Heather Rudd - HRI Psychological Services	Counselling. Workers' comp. Coaching. Victims of crime. Vietnam Vets. Adults / teenagers. Esp trauma, anxiety, depression, stress, relationships, grief, obesity, health issues, chronic fatigue.	Menai Metro, 5/60- 96 Allison Crescent	MENAI	2234	0412 515 238	9541-1634	Fee for service. \$110 per session. No referral necessary - prefer a short letter outlining issues. Postal Add: PO Box 314, Menai Central, 2234. Email: hri@optusnet.com.au. Medicare registered.
PSYCHOLOGIST	Janice Killey. Dip Ed, BA (Psych), MA (Counselling), MAPS, AGCA.	Psychologist. Psychotherapeutic practice. Esp stress management, behaviour, grief, depression, family issues, self-esteem, parenting, sleep, OCD, relaxation, anger management, postnatal depression. Psychometric assessment for preschoolers, school students and adults.	Suite 7, 340 Kingsway	CARINGBAH	2229	9524-6865 or 0402 420 173	9526-7650	\$120 (employed). Negotiable if unemployed. Medicare registered.

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PSYCHOLOGIST	Jeremy Castelino, BA (Psych & Soc); Grad Dip Psych; Dip Appl Couns; Dip Clin Hypn; MAPS	Psychological assessment, anxiety, panic, phobia, stress, depression and mood disorders. Trauma, PTSD. Clinical hypnotherapy. Personal and relationship issues. Pain management. Self-esteem. Careers counselling.	Suite 6, McMahon Building, 347 Port Hacking Rd South	CARINGBAH	2229	9526 6625		Medicare-registered. Fees \$120 per hour session. Business known as "The Questor Psychology Centre."
PSYCHOLOGIST	Kathryn Newbury BPsych(Hons), BA(Psych)	Psychological services: substance abuse and addictions, mood disorders, anxiety, self esteem, adolescent issues, relationship / family / pregnancy counselling, life stage issues, stress management, grief and loss, sexual assault and past trauma, suicidal ideation, dual diagnosis.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered. \$100 per hour under MBS. Groups available. Limited bulk billing
PSYCHOLOGIST	Krystyna Kidson Mpsych(Clinical)(Hons); BPsych(Hons); MAPS; MAACBT.	Children and adolescents (ADHD, adjustment difficulties, anxiety, oppositional defiant disorder, social skills difficulties, self-harm, suicidal ideation). Families and adults (adjustment difficulties, anxiety, depression, parenting stresses, self-harm, suicidal ideation.)	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered. \$100 per hour if GP-referred. \$120 per hour without GP referral. Schedule fee if financial hardship. www.wellbeingclinic.com.au .

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PSYCHOLOGIST	Leanne Stynes PG Dip(psych), BA (Psych), MAPS	Psychological services: assessments, individual and couple counselling, Workers' Comp, reports. Esp pain mx, depression, anxiety and stress, PTSD, EAP provision, motivational counselling, self-esteem, mediation and conflict resolution, relationship and career counselling.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered. Fees \$120 / hour
PSYCHOLOGIST	Liz Kennedy - Clinical Psychology Services	Child, family and marital	101/26-28 Gibbs Street	MIRANDA	2228	9524-8128	9524-8639	Fee for service. Referral - GP letter.
PSYCHOLOGIST	Malcolm Desland BA, MA, Dip Clin Hypnosis, MAPS, MCCPsych.	General practice in psychology: adults and adolescents, anxiety disorders, mood, trauma, substance abuse/addictions	Suite 1, 545 Kingsway	MIRANDA	2228	9524-5077	9525-6067	\$140 per hour. Poss conc. APS rec fee for workers' comp. Referral by letter or phone call. Email: mdesland@bigpond.com. au Medicare registered
PSYCHOLOGIST	Maria-Elena Lukeides DPsych (clinical) BA (Psych) Hons MAPS	Psychological services: assessments, individual and couple counselling, Workers' Comp, reports. Esp depression, anxiety, guilt, anger, OCD, PTSD, substance abuse, pain management, neuropsychiatric / forensic / vocational / educational assessments.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered. Fluent in English and Greek. Fees \$120 / hour

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PSYCHOLOGIST	Michelle Wilkins PG Dip(Dev Psych), BA(Psych) MAPS	Psychological services: assessments, individual and couple counselling, Workers' Comp, reports. Esp child and adolescent counselling (anxiety, bullying, self-esteem, learning difficulties, abuse, crisis support, grief and loss, depression), family counselling, PND, reports.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered. Fluent in English and Spanish. Fees \$120 / hour.
PSYCHOLOGIST	Monica Blayney. BSc (Psych) Hons, M Clin Psychol (Hons), MAPS, MAACBT.	Individual adult clinical psychology. Esp trauma (adult and adolescent), sexual dysfunction, depression and anxiety.	Suite 15, 50-52 Urunga Parade	MIRANDA	2228	9524-7709		Fee for service. \$176 per hour. (APS recommended.) Email: monicablayney@yahoo.co .uk. Medicare registered.
PSYCHOLOGIST	Natasha Langovski MA(Psych), BSSc, DipAppCoun.	Counselling, therapy and assessment for individuals, families, couples, adolescents and children. Consultancy, supervision and training for private and government organisations. Esp trauma, family therapy, adolescents, mood disorders and grief (approved VCT counsellor).	Suite 1/Level 1, 12 Laycock Avenue	CRONULLA	2230	9544 1389	9544 1298	Contact for details of fees.
PSYCHOLOGIST	Nick Cocco. BSc (Psych) Hons, MA (Clin Psych) Hons, MAPS, ISSD, ISA	Adult clinical psychology services. Esp anxiety, trauma, adjustment issues, depression.	Suite 11, 50-52 Urunga Parade	MIRANDA	2228	9524-7709	9389-9459	\$140 per hour. Medicare registered.

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PSYCHOLOGIST	Peter Cowell. Clinical psychologist. Aust Assoc Cognitive Behavioural Therapists	CBT. Acceptance and Commitment Therapy. Short term focussed psychological therapies. Workcover matters. Esp anxiety, worry, depression, motivation, stress, OCD.	Suite 15, 50-52 Urunga Parade	MIRANDA	2228	0424 253 890		Email: cbtherapy101@hotmail.com. \$140 working, private insurance. \$120 not working, no insurance. Medicare registered. Saturday and evening appointments available.
PSYCHOLOGIST	Stellios Christou BSocSc(Psych) P/Grad Dip Psych MIPP MAPS	Anx, anger, adjustment, dep, D&A, grief and loss, pain, sleep, trauma and abuse, stress, Workers Comp.	2/800 Princes Highway	SUTHERLAND	2232	0409 46 26 72		Medicare registered
PSYCHOLOGIST	Stephen Scicluna. BSc (Hons), MA (Clin Psych) Hons, MAPS.	Counselling children, youth and adults. CBT specialist. Esp anxiety, depression, ADHD, behavioural issues.	42 Boronia Grove	EAST HEATHCOTE	2233	9520-5808 / 0416 025 880	9520-5808	Fee for service. \$80 per hour. Rebates from most health funds. Email: scicks@bigpond.net.au. Medicare registered.
PSYCHOLOGIST	Susan Bourne. BA(Psych) Hons, M Clin Psychol (Hons), MAPS, MAACBT	Clinical psychology, cognitive behavioural orientation. General adult. Esp anxiety, stress management.	Suite 15, 50-52 Urunga Parade	MIRANDA	2228	9524-7709	9526-8827	Fee for service. \$140 per hour. (\$90 per 30 mins). Some conc. Medicare registered. Referral via GP or self-referral. Email skbourne@bigpond.com

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PSYCHOLOGIST	Thomson Smart and Associates - Consulting Psychologists. Dr Tom Abson BSocSc, BA Hons (Psych), PhD.	Psychological services related to organisational, occupational and personal issues. Consultation, assessment and or remedial services. Adults or older adolescents. Esp occupational stress, fatigue, men's health, terminal illness support, loneliness, anxiety, retirement & general counselling, research.	Level 2, Suite 2, 38 President Ave	CARINGBAH	2229	9524 0277	9524 0522	Medicare registered. Normally \$80 per hour. Medicare pts referred by GPs \$65 per hour. Some concessions. Email toma@alphalink.com.au
PSYCHOLOGIST	Zora Impey BA(Psych) Grad Dip App Psych (Organisational) MAPS	General psychology: dep, anx, trauma, grief, pain, health, weight management. Workplace and occupational issues.	Suite 7, 852 Old Princes Highway	SUTHERLAND	2232	9542-1100	9542 1128	Medicare registered. \$100 per hour.
PSYCHOLOGY / NEUROPSYCHOLOG Y	Psychological Consult	A network of clinicians (psychologists, neuropsychologists, physicians) offering usual psychological services to children, adolescents and adults plus psychodynamic psychotherapy, neuropsychological assessment, EEG assessment and neurofeedback and medicolegal assessment.		CARINGBAH	2229	8567 0151		www.psychological-consult.com

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RECREATION	Como Social and Leisure Centre	Social and leisure activities for people aged 18 and over with mental health issues. No clinical services.	Ted Bacon House, 6-8 Taplan St	COMO	2226	9528-4963, 9540-7800, 9521-1270		Funded by Sutherland MHS and St Vincent de Paul. Open Mondays & Wednesdays, 9.30 - 2.30. Low cost lunch, outings etc.
SELF DEVELOPMENT	SHARE	Self-development courses run by accredited group facilitators. Group based. "Becoming Confident and Assertive" and "Learn to Unwind".		VARIOUS		9533 4422		Courses \$110 - \$140 with concessions available. Email: admin_share@iprimus.com.au
SEXUAL ASSAULT	SOUTHERN SYDNEY SEXUAL ASSAULT SERVICE	Sexual assault service for men and women aged 16 years and over. Also counselling for partners, family members and friends. 24 hour / 7 day crisis service for those recently assaulted. Counselling for people with past history of assault. Court support. Group work. Community / professional training.	Social Work Dept, Level 4, Pritchard Wing, St George Hospital	KOGARAH	2217	9350 2494	9350 2206	Free service.
TORTURE AND TRAUMA	Service for Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS)	Counselling, personal support and training (eg to find work) for survivors of torture and trauma.		CARRAMAR		9794-1900		No fee

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TRANSCULTURAL SERVICES	Transcultural Mental Health Service	Provides access to MH professionals who speak languages other than English.	5 Fleet Street	NTH PARRAMATTA	2151	9840-3767	9840-3755	GP refers by contacting intake officer to discuss. TMHS identifies suitable clinician who then contacts patient. No fee for either the TMHS service or clinical service.
TRANSPORT	Sutherland Shire Community Transport	Transport to medical appointments etc		SUTHERLAND SHIRE		9542-6244		Give a couple of days' notice
TRAUMA / EMDR	Nick Cocco			MIRANDA	2228	9389-9459		
VOLUNTEERING	Volunteer Link	Places volunteers with appropriate organisations		SUTHERLAND & ST GEORGE		9580 5822 or 9580-9055		